

Determination of relationship Between the Zinc serumic level & severity of Acne vulgaris among patients refer Dermatology clinic of Emam-Khomeini-Hospital-Ardebil

Abstract :

Background & aim:

Acne vulgaris is a common human skin disease, characterized by areas of skin with seborrhea , comedones (blackheads and whiteheads), papules , pustules , nodules and possibly scarring. Acne affects mostly skin with the densest population of sebaceous follicles; these areas include the face, the upper part of the chest, and the back. Severe acne is inflammatory, but acne can also manifest in noninflammatory forms. Acne occurs most commonly during adolescence, and often continues into adulthood. Acne affects in males and females but the most severe forms of acne occur more frequently in males.

Materials & Methods:

This study has been done as a case study. case study sample consisted of 100 people with Acne vulgaris disease who had referred to skin clinics of Emam. Khomeini hospital. 100 healthy people who had the same sex & same age were selected & then zinc serum levels were measured on this 2 groups. Through biochemical experiments. Then the findings were analyzed by student t-test by spss software & compared & average difference of zinc serum levels in 2 groups by $p < 0.05$ was considered meaningful.

Result:

Among 100 case study sample, 17 people were male & 83 were female. the mean of age is 21.39 years old. The common type of disease is Mild (64%). The average zinc serum levels in patients is 81.31 & 82.63 in healthy people that $p < 0.598$ was not meaningful difference between zinc serum level on 2 groups & was not meaningful difference between zinc serum level & sex & duration. But was meaningful difference between zinc serum level & severity of acne ($p < 0.028$) & forms & zone of acne.

Conclusion:

Meaningful relation between reduction of zinc serum level & severity of acne & forms & zone of acne.

Key words :

Zinc , Acne vulgaris , Serum level